Research Proposal entitled

Academic Stress among Pre-University Students: A Social Work Study in Shimoga District of Karnataka

For the Degree of

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Submitted by

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Research guide

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Introduction:

Education play important role in individuals personality development and helps to upward social mobility. It provides meaningful foundation for development. Pre-University education is Arts, Commerce, Science stream based education. It is the major stage and it decides the students vocation and carrier. After Globalization and Privatization parents providing prime importance for their children's education. In 21 century parents are educated and they are worried about their children's academic progress and interfere with course selection, college selection and put pressure to score good grade which helps to secure the seat in reputed educational institutions for higher education .Education institutions also put pressure on students for better performance. Pre-university students are found in adolescents age group. Adolescents is a time neither a child nor an adult (Hurlock, 1981). They have confused status and peer pressure is dominated. In the present scenario number of suicides are increasing rapidly. National Crime Records Bureau states that 13089 students were suicide victims and 10730 were below 18 years and 1,673 persons died by suicide due to "Failure in examination" in the year 2021. Academic stress is a major problem among adolescents. Those who fail to cope with the stress they deviate from their carrier.

Pre-University students are in the age group of 15 to 18 years. Adolescence is period of transition, both physical and psychological changes occur in this period. New social expectation and emotional instability is found in this stage. Adolescence is period of storm and stress (Hurlock, 1981). Heightened emotionality, confusion, identity crisis is common among adolescents.

Factors influencing adolescent attitude towards education (Hurlock, 1981)

- Parental attitude
- Peer group attitude
- Grades which indicate academic success
- Attitude towards teachers , administrators

- Academic and disciplinary policies
- Success in extracurricular activities
- Degree of social expectancy

Pre-University education is a linkage between secondary school education and higher education. It is Arts, Commerce and Science stream based two year duration course offered by CBSE board or respective state Pre University boards. A student who passed class X examination of CBSE board or any other board of secondary education /Education /Indian university /any board recognized as equivalent to its secondary school examination are eligible to join XI. There is no direct admission for XII (CBSE exam and admission by laws).

Adolescence:

Adolescence period is important in human lifespan .It is a transitional period. According to Piaget adolescence includes mental, emotional and social maturity as well as physical maturity. Individual have confusion about their roles and social expectation .Most of the adolescents are developed identity crisis. Broaderly adolescent period is divided into early adolescence and late adolescence. Thirteen to sixteen or seventeen year are known as early adolescents. Late adolescence covers the period until eighteen year(Hurlock,1981).

Stress:

According to WHO **"**Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives".

According to Hans Selye "The non specific response of the body to any demand for change".

In general stress is psychological upset or disequilibrium caused by conflict, frustration and pressure from internal or external sources. Chronic illness, fear, anger, expectation and coping capacity are internal source of stress. Environment, peer group, society , migration, working targets, responsibilities are external source of stress. Stress effects on individuals health, education, family life, work .Symptoms of stress presence in physical, behavioral and in emotional responses.

Academic stress:

Academic stress is defined as the body's response to academic-related demands that exceed adaptive capabilities of students (Wilks,2008).Stress is inevitable in college students life (Brown,1992). Educational institutions pressure, parental pressure, lack of interest in chosen course, high assignments, poor language , difficulty to adjust new campus, poor facility in hostel, peer group influence, addictions social network sites are important stressors. Academic stress results poor concentration, headache, physical disturbance ,anxiety and ultimately impacts on students academic performance .

UNICEF identified some situations for difficult to cope

- The demands of school like exams and more homework as they get older
- Problems with friends at school and socializing
- Big changes like moving homes, changing schools or separation of parents
- Chronic illness, financial problems in the family or the death of a loved one
- Unsafe environments at home or in the neighborhood.
- School is another common reason – making new friends or taking exams can make children feel overwhelmed.
- As children grow older, their sources of stress can increase as they experience bigger life changes, such as new groups of friends, more schoolwork and increased access to social media and wider news in the world. Many teens are stressed by social issues such as climate change and discrimination.

Statement of the Problem:

Education is Stepping stone of success. Students of Pre University education are found adolescent stage. They have confusion status and slight responsibility also. Due to parental pressure in selection of course, academic institutions pressure for better performance, lack of interest in curriculum activities, peer group influence and new academic environment develops stress among students. Seviour stress impacts on academic progress, physical, mental and social health status of the students. Due to lack of proper guidance about importance of pre university education and adolescent changes , students neglect their education .Pressure from stakeholders

leads stress among students . In this concern the researcher has to pursue research on "Academic stress among Pre University Students :A social work study in Shimoga district Karnataka State.

Significance of the study:

- This study will be very important because it helps to identify the causes of academic stress among Pre-university students.
- This study will be help to know coping strategies followed by students to overcome from stress.
- The study helps to identify the students expectation towards parent –teacher support
- The study important because it helps to create awareness about stress among stakeholders of P U education

Scope of the Study:

Subject – this research study will be conducted on Academic Stress among pre university students.

Social Group of the students are adolescents aged between 16 to 18 years .

Area - this research study will be conducted at Shimoga District Karnataka State.

Theoretical frame work:

Psychological Stress: The Lazarus Theory (Transactional Theory of Stress and Copping-TTSC).Stress is a transaction between individual and their environment . Appraisal and coping are two important concept in this theory (Krohne,2002). According to Richard Lazarus and Susan Folkman stress is a situation exceed our capacity to deal with it. This theory helps to manage stressful situation through using appraisal and coping strategies.

This theory helps to identify level of stress among students, how they confident to deal with stressful situation through using appraisal and coping strategies. The theory has 3 major steps .

- ✧ Primary appraisal -Assessing how relevant the event for personal well being whether it affects on students well being.
- ✧ Secondary Appraisal- Evaluating the students ability to cope with stress.

✧ Use Coping Strategies- This step helps to determine how the students can handle the stressor. According to Lazarus and Folkman 2 aspects

1. Problem based coping
2. Emotion based coping

The theory contribute to develop coping strategies among students.

Review of Literature:

Student with high fluency had high competency and they face very less amount of stress (Shakti , 2007). Positive relationship between delaying the beginning or completing the task and stress (Kaur, 2019).There are three major factors of stress among secondary students .Watching too much TV, poor language development ,pressure for perfection in all subjects, poor learning level were 'self related factors'. Competitiveness, problems in adjustment with peer groups were identified as 'peer related factors'. 'Teacher related factors' includes partiality by the teachers , lack of cooperation by the teachers and high expectations from teachers Lack of guidance and coaching facilities in school, lot of homework and deficiency of good books in the library results academic stress among secondary students (Chaudhary,2016). Due to academic stress students suffer from anger, frustration, hostility, sadness, guilt feeling, alone, helplessness and depression (Chaudhary, 2016). Exam fear, lack of communication, lack of leadership and unhealthy relationship with faculty results stress among students. Communicating in English, participating in classroom activities like group discussion seminar, games etc creates stressful situation. Many do not get job as per their academic qualification (Demitrov,2017).
76 .9% of students experienced forgetfulness. 90% of experience due to stress students felt disappointed and anxious panic easily and find it difficult to sleep soundly (Sham ,2015) . Further reported majority of students face difficulty concentrating in class or during their studies

All students not uniformly effected from academic stress (Barbayannnis et al,2022).Heavy academic work load results stress. Workload and grading, students academic perception and academic expectation were important factors for mental well being. There is a

significant correlation between academic stress and wellbeing ,higher academic stress worse the wellbeing (Barbayannnis et al,2022).

Research gap:

The reviewed literature indicates that there are gaps in the area of study. Study of Academic Stress and Creativity Among College Students (Shakti ,2007), Study on Senior Secondary School Education.(Sonali,2020), Academic Stress among Senior Secondary Students: Determinants and Consequences'(Chaudhary,2016).Above studies recommended to extend the studies in elementary, College, technical and management institutions with variables like students home environment ,personality ,level of self confidence , creativity etc.

Further research on role of teachers ,parents and peer groups in students academic achievement. Students both men and women's of different stream like Arts, Commerce and Science can be cover .Determinants of academic stress and consequence of academic stress ,coping and stress management techniques (Chaudhary,2016).Academic Stress and Mental Wellbeing in College Students :Correlations, Affected Groups and COVID 19 (Barbayannnis et al,2022) suggested to conduct research to examine the well being and academic stress of different socio economic ,language, education background students in 3 stressors like academic expectation, workload and expectation and Self perception of the students. It helps to determine which aspect is most affected and to develop stress reduction approach. There is no significant / less number of studies undergone about academic stress among Pre University students .In Karnataka there is no any studies undertaken about academic stress in Social Work perspective. Most of the studies focused on secondary students academic stress. Pre University education is also a important milestone in education. So the researcher will be conduct the research on Academic Stress among Pre university students in Shimoga district with social work perspective.

Objectives of the study

1. To study the personal background of Pre-University students.
2. To examine the causes and consequences of stress among Pre-University students.
3. To assess the coping strategies adopted by Pre-University Students.
4. To compare the academic stress and academic performance among Pre-University students.

5. To suggest social work approaches to enhance their coping ability of the Pre-University students.

Hypothesis

H1 Students of Pre-University are from different social economic background and they have their own coping strategies.

H2 There is significant impact of academic stress on academic performance.

H3 Constructive approach of coping can re

duce academic stress and enhance academic performance.

Research methodology:

Research Design:

The Descriptive research design will be adopted for proposed study. Because of descriptive study will be provide the more information about research topic.

Universe and Sample:

All pre university students of Shimoga district will be universe of the study. This study will use simple random and stratified sampling method for data collection.

Tools and techniques of data collection:

This study will be used questionnaire tool and observation.

Source of data collection:

1. Primary data collection	2. Secondary data collections
a) Questionnaire	a) Reference books
b) Observation	b) Journals
c) Case study	c) Library sources
d) Focus Group Discussion	

Pilot study and main study:

It is the small scale and rehearsal of the main study. It covers the entire process of research. It helps to standardization of our main study .So 30 samples will be in this pilot study.

In main study 400 pre university students will be selected, through simple random and stratified sampling method

Data processing:

Editing will be done like field editing to check the correction of entries. This is done on the questionnaires which are filled. This is mainly done to check the mistakes occurred while entering in the questionnaires .Then classification the data, based on stream, rural and urban. After we will be prepared coding key and data will be set in tabulation through computer. And make frequency distribution and also present the data through diagrams.

Variable design:

The investigation will undertake with some variables. In present study the dependent Variable and independent variable are as followed,

Independent variable: The independent variables in the present study are

a) Gender

b) Stream

c) Area

d) Socio economic background

Dependent variable: The dependent variable in the study is academic stress

Data analysis:

The data will be analysis through SPSS. This study will be used analysis of variance (ANOVA) to discover , whether there are differences in academic stress and performance of students based on parental support, peer group influence

Chapter scheme:

Chapter -1 Introduction:

In this chapter will be introduces the study with explanations of the particular context in which the study will be conducted, brief information about adolescent age ,adolescent attitude towards education, pre university education in Indian context, Stress and impacts etc.

Chapter -2 Review of literature:

In this chapter will be explained on the various aspects of academic stress among pre university

students. The literature has been collected from various reputed journals and other publication sources related to the research topic will be reviewed.

Chapter 3 Research methodology:

In this chapter will be comprised the research methodology and sampling procedure adopted in the study, and includes quantitative and qualitative research approaches.

Chapter -4 Profile of the sample population:

In this chapter will be presented the whole information about profile of the sample population.

Chapter -5 Analysis, interpretation and inferences:

In this chapter it will be contained the analysis and interpretation of the respondent's personal background, family profile, student and teacher relationship, socioeconomic variable, peer group influence and self-esteem.

Chapter -6 Findings, summary, conclusion and suggestions:

In this chapter will be presented the major findings on par with the objectives of the Study, summary of the findings and conclusion will be given in this chapter.
Suggestions will be made in this chapter to overcome from stress. Scope for further to the future scholars will be given.

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